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The U.S. Government's Global Hunger and Food Security Initiative

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## Educating and Empowering Mothers in Rwanda

Submitted by Ibork on November 13, 2015



In Rwanda, approximately 44 percent of children are stunted due to malnutrition. While Rwandan families are encouraged to prevent malnutrition, most rural communities lack the ingredients and knowledge to prepare a balanced diet. In most cases, they grapple with lack of other basic needs and end up giving little attention to the quality of food they eat. Focusing on women, the USAID Ejo Heza (Brighter Future) program is working to improve livelihoods and food consumption among vulnerable households. "Be the Change" volunteers are the heart and soul of the USAID Ejo Heza program. They are community members who are self-selected volunteers that take leading roles in facilitating change within the communities. Once trained they train others in their community disseminating messages on nutrition and breastfeeding, improved food handling, growth monitoring and promoting the creation of kitchen gardens to help reduce malnutrition. *Credit: Global Communities/Jupzas Cernius*



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